

April 2013



BreastFeeding Basics Class: BJACH LDRP tour to follow. Registration Call 531-3705 OR 531-3708

Breathing and Relaxation Class: BJACH . LDRP tour to Follow. Registration Call 531-3705 OR 531-3708
Diabetes Education Class for all diabetics. BJACH Classroom 1, 1st floor. Registration Call 531-6880/3255.

Getting Ready to Quit Tobacco: first step in TOBACCO CESSATION program. FT Polk education center, bldg 660, room 201. Registration Call 531-6880

Labor and Delivery (L&D) Class: BJACH. LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Newborn Care: BJACH LDRP tour to follow. Registration Call 531-3705 OR 531-3708

Pregnancy Postpartum Physical Training (PPPT) education: BCTC THEATER ROOM. Enrollment call 531-4926.

Self care/over the counter (SC/OTC) medication class: request OTC meds without Cost. BLDG 3516 (behind red roof) Preventive medicine (337) 6880. Complete on-line at www.polk.amedd.army.mil

Sibling Class: for children expecting new siblings: BJACH LDRP tour to follow. Call 531-3705 OR 531-3708 TO REGISTER.

Weight Management For Active Duty (army move 1,2,3,): BJACH 1st floor classroom. For registration call 531-3129.

Weigh2Geaux Weight management Class: OPEN TO ALL BENEFICIARIES. BJACH 1st floor, Classroom 1. Info call 531-3255 or 531-3129. (Requests for weight loss medication will need a referral by primary care physician)

Mon	Tue	Wed	Thu	Fri
1 ARMY MOVE 0900, 1100 1300 TOBACCO CESSATION 1130-1300	2	3	4 PPPT EDUCATION 0815-0900	5
8 ARMY MOVE 0900, 1100 1300	9	10 SC/OTC MEDICATION CLASS 1000-1100 BREASTFEEDING BASICS 1300-1500	11 DIABETES EDUCATION 0800-1200 PPPT EDUCATION 0815-0900	12 HEALTH AWARENESS BJACH 1000-1300
15 ARMY MOVE 0900, 1100 1300	16	17 LABOR & DELIVERY 1300-1500	18 PPPT EDUCATION 0815-0900	19 WEIGHT MANAGEMENT 1200-1500
22 ARMY MOVE 0900, 1100 1300	23	24 BREATHING & RELAXATION 0900-1100 SC/OTC MEDICATION CLASS 1000-1100	25 PPPT EDUCATION 0815-0900	26 HEALTH AWARENESS BJACH 1000-1300
29 ARMY MOVE 0900, 1100 1300	30			

Self Care/Over the Counter Medication Class

Use BJACH Pharmacy to request over the counter medications for pain, fever, coughs, colds, allergies and other minor conditions - **NO PRESCRIPTION NEEDED!**

BJACH
HEALTH PROMOTION
337-531-6880

There are several ways to complete the class!
Classes are offered the 2nd and 4th Wednesday

Unit level or FRG meetings upon request
Other gatherings/meetings/training upon request
Online at the BJACH website (see below)

Any way you choose, you will be given a card to carry that will never expire.

SC/OTC Group class dates:

10 APRIL

1000 -1100

Dept. of Preventive Medicine, Bldg 3516

(BEHIND Red Roof)

CALL TO SCHEDULE

24 APRIL

1000 -1100

OR

On-line class

Complete the class portion on-line @

www.polk.amedd.army.mil

Click the SELF CARE/OTC ON-LINE CLASS hyperlink.

You must pass the on-line test, print out your certificate and
make an appointment with Health Promotion to be entered into
the OTC system.

Tobacco Cessation classes

ARE BEING OFFERED TWO WAYS AT BJACH!

You may choose to participate in the program with a group of your peers or you may also complete a structured on-line program. Either program may be brought to your work or unit upon request! Classes are scheduled monthly at BJACH.

For more information call 531-6880

Call BJACH Health Promotion for more information @ (337) 531-6880.

KEEP YOUR CHILD SAFE WHILE TRAVELING



CHILD CARSEAT PASSENGER SAFETY CHECKS

EVERY THURSDAY

FROM 10 AM TO 2 PM

CALL TO SCHEDULE

DEPARTMENT OF PREVENTIVE MEDICINE



**DATES FOR
APRIL 2013**

APRIL 4, 2013
APRIL 11, 2013
APRIL 18, 2013
APRIL 25, 2013



**DATES FOR
MAY 2013**

MAY 2, 2013
MAY 9, 2013
MAY 16, 2013
MAY 23, 2013
MAY 30, 2013

SCHEDULE YOUR APPOINTMENT TODAY

CALL

**THE HEALTH PROMOTION PROGRAM
AT BJACH**

(337) 531-3776 OR (337) 531-6880